

## Benefits of a Healthy Marriage

A healthy, stable marriage brings long-lasting benefits to men, women and children regardless of income, race, age or location. The benefits to both partners increase over time as long as the marriage remains healthy.

### ***Individuals living in a healthy marriage...***

- Live longer.
- Are less likely to be depressed and more able to handle stress.
- Are less likely to indulge in heavy alcohol consumption or use marijuana.
- Have more steady employment and household income – up to twice as much as non-married households.
- Tend to exercise more often and eat properly.
- Are more likely to have health insurance and receive better health care.
- Get seriously sick less often and recover more quickly.
- Require shorter hospital visits and are less likely to need nursing home care.

### **Children growing up in a healthy marriage...**

- Live longer as adults and are more likely to reach 85 years of age.
- Are less likely to engage in unhealthy behaviors such as drinking, smoking or using drugs.
- Are more likely to have a stable marriage in which to raise their children.
- Achieve higher academic success and economic stability as adults.
- Are healthier as adults with fewer acute or chronic illnesses.

### **What is a “healthy marriage?”**

A relationship that is mutually satisfying, where both spouses have a deep respect for each other and is beneficial to all members of the family. It is a relationship that is committed to ongoing growth, the use of effective communication skills and the use of successful conflict management skills.



Information in this brochure is from:

*The Effects of Marriage on Health: A Synthesis of Recent Research Evidence,*

by Mathematica Policy Research, Inc., July 2007

and

*The Healthy Marriage Initiative, The Benefits of a Healthy Marriage, by the United States Department of Health and Human Services, Administration for Children and Families,*

[www.acf.hhs.gov/healthymarriage/benefits](http://www.acf.hhs.gov/healthymarriage/benefits)

This brochure is paid for with federal Temporary Assistance for Needy Family (TANF) block grant funds. Using TANF funds to provide this brochure allows more households to be eligible for SNAP. Households can have gross income up to 160% of the federal poverty level. Households do not have to meet a resource limit.